

# EL 169: Aqua Exercise Health, Exercise Sci & Recreation Mgmt

Forms of aquatic exercise including aqua-aerobics, deep water running, shallow water running, and swimming.

Pass/Fail grade

1 Credit

## Instruction Type(s)

• Lecture/Lab: Lecture/Lab for EL 169

#### Course Fee(s) Applied Science 2

• \$50.00

### Subject Areas

- Health and Physical Education, General
- Kinesiology and Exercise Science

#### **Related Areas**

- Health and Physical Education/Fitness, Other
- Sport and Fitness Administration/Management

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